



Fit Business Tips of the Month

JANUARY

Kick off the New Year by becoming more healthy and active! January is a month full of excitement and motivation to improve your quality of life. Keeping your New Year's resolution can be tough, but incorporating fruits and vegetables and physical activity into your daily routine is easy and fun! This month's Fit Business Tips will give you lots of fun ideas for healthy snacks, flavorful meals, and physical activity at work.

QUICK AND SIMPLE TIPS

Snacking happens: Snacking throughout the day is not a bad thing, so long as you make healthy choices. Choosing fruits and vegetables instead of a bag of chips is not only healthier, but also easier on your budget. Apple slices, baby carrots, celery sticks, and bananas are all great choices for snacks that are inexpensive and require very little preparation. Check out the American Heart Association's virtual [Snack Machine](#) for a fun visual.

Get up to get out your message: In today's technological world, it's become easier to send an email or pick up the phone to talk to someone in the office than to talk to them in person. Instead of calling or emailing others in the office, get up and walk to their desk to deliver the message. Also try printing documents at a printer farthest from where you are working. These extra steps will add up and before you know it, you'll be increasing your physical activity!





January's Fruit of the Month

RAISINS

Fun Facts

The commercial potential of raisins was discovered by accident in the summer of 1873 during a hot spell that withered the grapes on the vine. One enterprising San Francisco grocer advertised these shriveled grapes as "Peruvian Delicacies" and the rest is history. California is now the world's leading producer of raisins.

Health Benefits

Raisins are one of the most nutritious dried fruits. These dried grapes are cholesterol- and fat-free and low in sodium. They provide many necessary vitamins and minerals, including iron, potassium, calcium and certain B vitamins. Raisins are a good source of fiber, rich in antioxidants, and a great source of quick energy.

Selection

Raisins are made from both green and red grapes. Raisins should be moist, plump, and depending on the variety, yellow to dark brown in color.

Storage

If stored in an airtight container and in a cool place, like your refrigerator, raisins will stay fresh for up to 5 months. Raisins also freeze well, so keeping them in your freezer is a good option.

Preparation Ideas

Try sprinkling raisins on top of cereal, salad, adding them to your favorite munchies, or just eat a handful for a quick energy boost. Raisins are also delicious when used in sauces, stews, desserts, baked goods, and more!

FEATURED RAISIN RECIPE: BREAKFAST FRUIT CUP

Ingredients

- 2 oranges, peeled and sliced into bite-sized pieces
- 1 banana, peeled and sliced
- 1 tablespoon golden raisins
- ½ cup lowfat plain yogurt
- ⅛ teaspoon cinnamon

Preparation

1. In a small bowl, combine fruit.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with a dash of cinnamon.

Makes 4 servings.

Nutrition Information Per Serving

Calories 90, Carbohydrate 20g, Protein 0g, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 25mg, Dietary Fiber 2g

Recipe courtesy of the *National 5 a Day Program*.





January's Vegetable of the Month

CABBAGE

Fun Facts

There are at least 100 different types of cabbage grown throughout the world, but the most common types in the United States are the green, red, and savoy varieties. Chinese varieties are also available. The two most common types of Chinese cabbage are Bok Choy and Napa cabbage.

Health Benefits

Cabbage is one of the oldest vegetables in the world and continues to be a dietary staple and an inexpensive food. It is easy to grow, tolerates the cold, and keeps well. Cabbage is an excellent source of vitamin C.

Selection

Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Look for stems that are healthy looking, closely trimmed, and are not dry or split. When possible, try not to buy pre-cut cabbage as it will have already lost much of its vitamin C content.

Storage

Be sure to keep cabbage cold because this helps to retain its vitamin C content. Place the whole head of cabbage in a plastic bag and store in the refrigerator. After cutting cabbage, make sure to place the remainder in plastic bags and place in the refrigerator. Try to use the remaining cabbage in the next day or two.

Preparation Ideas

Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance, as this will cause it to lose some of its vitamin C content. If you must prepare it in advance, place it in a plastic bag, seal tightly, and refrigerate. Cabbage is most often prepared steamed, boiled, braised, microwaved, stuffed, or stir-fried. Chinese cabbage can be prepared in the same ways, but know that it cooks in less time than standard U.S. varieties.

FEATURED CABBAGE RECIPE: SIMPLE FISH TACOS

Ingredients

- 1/2 cup nonfat sour cream
- 1/4 cup fat-free mayonnaise
- 1/2 cup chopped fresh cilantro
- 1/2 package low-sodium taco seasoning, divided
- 1 pound (4 total) cod or white fish fillets, cut into 1 inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups shredded red or green cabbage
- 2 cups diced tomato
- 12 6-inch warmed, corn tortillas
- lime wedges and taco sauce for serving

Preparation

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 tablespoons of the seasoning mix. Set aside.
2. In medium bowl, combine cod, olive oil, lemon juice, and remaining seasoning mix; pour into large skillet.
3. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until cod flakes easily when tested with a fork.
4. Fill corn tortillas with fish mixture. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Makes 6 servings. 1/6 recipe per serving.

Nutrition Information Per Serving

Calories 300, Carbohydrate 45g, Protein 19g, Total Fat 5g, Saturated Fat 1g, Cholesterol 35mg, Sodium 450mg, Dietary Fiber 6g

Recipe courtesy of the *National 5 a Day Program*.

